



Stay Active and Feel Better!

Physical activity is good for your whole family.

Do any of these situations sound like your life?

“I always feel so tired and worn out.”

“My whole family is putting on weight. I know we better do something soon.”

“Walking up two flights of stairs leaves me out of breath.”

“When my husband and I were first married, we would take long walks every day and go dancing. Now all we do is sit in front of the television.”

“I don’t have an extra half hour every day to exercise...but I know it is good for my health.”

Get active—feel better!

Make physical activity your solution to feeling tired, bored, and out of shape. Find time. It is never too late to make a commitment to a healthy heart and healthy body. Add activity to your daily routine. Include your family. Children and adults should do 30 minutes or more of moderate physical activity each day.

Start by adding movement to your daily routine.

- Get off the bus one or two stops early and walk.
- Park your car farther away and walk.
- Use the stairs instead of the elevator.
- Dance to your favorite music.

Yuav tsum nquag dlha ua si hab nyob kaaj sab lug!

Kev dlha ua exercise yog ib qho zoo tsua koj tsev tuabneeg sawv dlawg.

Cov lug nraag qaab nuav puas raug koj hab?

“Zoo le kuv pheej saab taag le xwb.”

“Zoo le kuv tsev tuabneeg rog kawg tuaj lawm. Kuv paub tas kuv yuav tau ua qee yaam lug tiv thaiv tsi txhob pub kuas peb sawv dlawg rog rog.”

“Taug kev nce ntaiv xwb los tub ua tsua kuv saab kawg le lawm.”

“Thaum kuv hab kuv tug quaspuj wb nyav nyuas sib yuav, wb nquag moog taug kev hab moog las voos ua si. Tab sis taam sim nuav wb tsua yog nyob huv tsev saib TV xwb.”

“Kuv yeej tsi khoom lug dlha ua si kag le...tabsis kuv paub has tas exercise yog ib yaam kws zoo tsua kuv lub cev.”

Yuav tsum nquag dlha ua si txhaj le yuav nyob kaaj sab lug!

Nws yeej tsi lig tsua koj le, yog has tas koj xaav kuas koj lub sab hab lub cev noj qaab nyob zoo muaj zog. Yuav tsum muaj ib txuj kev dlha ua si kuas tawm fws lug tsua koj tsev tuabneeg sawv quas dlawg ua.

Cov laug hab cov mivnyuas yaus yuav tsum tau ua exercise le 30 nathis tauj ib nub twg.

Yuav tsum pib maaj maam dlha ua ntej.

- Yuav tsum taug kev kuas deb tsawv moog tsev los yog moog haujlwm.
- Nreg koj lub tsheb kuas deb zog es maam taug kev moog tsua qhov koj xaav moog ntawd.
- Siv ntaiv, es tsi txhob siv lub elevator.
- Seev cev tsua txuj nkauj kws koj nyam tshaaj.

It is easy to build up to 30 minutes of physical activity each day. You do not have to do 30 minutes of activity without stopping. You can take a 10-minute walk during your lunch break. You can take another 10-minute walk with your kids after work. Then dance to the rhythm of your favorite music for 10 more minutes while dinner is cooking. Just so it adds up to 30 minutes each day.

Turn exercise time into a fun family activity. Jump ropes, go skating, or walk with your family. Invite a friend to do aerobics with you. Start slowly and build up to a good pace. Before you know it, you will have the energy to do an activity for a full 30 minutes

Add these benefits of physical activity to your life:

- strengthen your heart and lungs
- lose weight and control your appetite
- lower your **blood pressure**
- lower your **blood cholesterol**
- sleep better
- reduce your stress

Are you ready to begin?

You can start exercising slowly if you do not have a health problem. If you have a health problem, check with your doctor before starting an exercise program.

Make physical activity a part of your family life today, so you can live a long and happy life!

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Ua exercise le 30 nathis tauj ib nub twg yog ib yaam yooj yim heev. Yog thaum koj ua exercise le 30 nathis lawm, su miv ntsiv los yeej tau. Thaum kws koj muaj sij hawm moog noj su, taug kev le 10 nathis. Thaum koj ua num taag lawd coj koj cov mivnyuas moog taug kev le 10 nathis, hab seev cev le 10 nathis ces tub yog 30 nathis lawd.

Muab kev ua exercise tig lug moog ua ib qho kev lom zem. Dlha yaa ua si nrug mivnyuas, moog caij khau lug, los yog taug kev nrug koj tsev neeg. Coj koj tug phooj ywg nrug koj moog dlha ua si. Maaj maam pib ua ntej, tog koj paub xwb, koj yeej muaj zug moog dlha ua si le 30 nathis tauj ib nub twg lawm.

Yog koj nquag dlha ua si, nwg yuav zoo tsua koj raws le cov nrag qaab nuav:

- yuav ua tsua koj lub sab ntsws ua hauj lwm zoo zog tuaj
- ua tsua koj muaj zug hab qaab lus noj mov
- ua tsua ntshaav dlha zoo, hab tsi muaj ntshaav sab
- ua tsua cov roj txhaws hlaab ntsaa nqe
- ua rau koj pw zoo
- txo txoj kev nyuaj siab
- muaj zog tshaj qub

Koj puas tau npaaj tau moog ua exercise?

koj maaj maam pib ua ntej yog tas koj tsi muaj teeb meem tsua huv koj lub nrog cev.

- **Tab sis yog has tas koj muaj teeb meem tsi xis nyob, koj yuav tsum tau moog ntsib koj tug kws khumob ua ntej tso.**

Muab los ntawm Hmong Health Education Network *Healthy Heart* modules. ©2007 Muaj tsua sawv dlawg siv nyob huv www.hmonghealth.org. Tej zag kuj muaj luam tsua cov coj moog qha kev paub tsua lwm tug dlawb hab.